



City of Newton, MA

INVEST IN YOURSELF

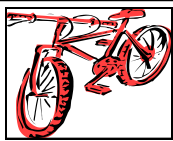
September 2012 Health and Wellness Newsletter for Employees

EVERYONE SHOULD GET THE FLU VACCINE



The City Hall Health Maintenance Clinics are suspended during September and October due to flu clinics.

However, anyone who needs their blood pressure taken or has a medication question is welcome to call x1420 to make an appointment with a nurse.



Bicycles are available for employee use. For details, contact Bike Manager Derek Valentine at dvalentine@newtonma.gov

Zumba

Is moving to Wednesdays!
Starts Wed. Sept 19
City Hall War Memorial
5:15 to 6:15 p.m.
\$64 per 8-class session or
\$10 drop in per class

Email wellness@newtonma.gov to join. You don't have to know how to dance, just be willing to move and have fun with a great group of people!

The City of Newton once again purchased flu shots for employees. Clinics will be held at a variety of locations beginning in late September. **Employees may attend a flu clinic at any site**, with supervisor permission.

All school-based employees may be vaccinated during the 22 student flu clinics from Oct. 2 through early November or at another employee clinic location. The school-based flu clinic schedule will be posted at www.newtonma.gov/flu and announced at school on Sept. 18.

The flu vaccine is recommended for all people ages 6 months and up.

Only the injectable flu shot was purchased for employ-

Parks and Recreation, Newton Corner	Sept 25 Tuesday	10:30 a.m.
Police Department Community Room	Sept. 25 Tuesday	2:30 p.m.
Fire Headquarters	Sept. 26 Wednesday	2 p.m.
Elliot St. Utilities Building	Oct. 3 Wednesday	2:30 p.m.
Crafts St. Highway Building	Oct. 9 Tuesday	2:30 p.m.
City Hall War Memorial	Oct. 10 Wednesday	2:30 to 4:30 p.m.

ees. If you would like another form of flu vaccine, contact your primary health care provider.

Additional information about the flu vaccine and a list of community clinics are available at www.newtonma.gov/flu Questions may be directed to the Health Department at x1420.

NATIONAL PREPAREDNESS MONTH LUNCH & LEARN

September is National Preparedness Month. Are you prepared? Find out what it means to be prepared and how do it at the Lunch & Learn on **Friday, Sept. 21** in Room 222 at City Hall. All employees with supervisor permission are welcome.

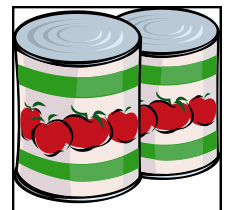
You'll learn how prepared you already are, what additional supplies you might need, and how to develop or enhance your family communication plan.

All employees are welcome, but **you must sign up by Sept. 19**, and indicate your lunch choice. Email wellness@newtonma.gov

Two sessions will be held: 12 noon to 12:45 p.m. and 1 p.m. to 1:45 p.m. Wraps will be served with water, fruit and a cookie. The choices are:

- Chicken Caesar Wrap
- Tomato/Basil/Mozzarella Wrap
- Turkey Wrap

Don't miss this important and fun program! Sign up by emailing wellness@newtonma.gov If you have questions, call x1427.





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STRESS AT WORK: STEPS TO TAKE TO CALM DOWN

New studies on stress in the workplace reveal that 30%-40% of people feel their jobs are the biggest stressors in their lives. Job stress is defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury.

Stress sets off an alarm in your brain that triggers your body to go into defensive action. It makes your heart beat faster, your breathing faster, and tenses muscles. Short lived stressful situations pose no risk to the body, however, long periods of stressful responses can cause damage to the body systems and

potentially cause headaches, stomach problems, moodiness, and sleep disturbances.

There are many ways to help cope with stress at work:

- Laugh more. Yes, laughing can help relieve your stress!
- Exercising 3-4 times per week can help alleviate stress and calm your mind.
- Identify your stress triggers daily to see what things during the day set off your stress alarm. Brainstorm ways to help yourself deal with them better next time.
- Find time daily for your favorite hobby.
- Take time off— whether it be a 10 minute break or a 2 week vacation, sometimes that's all you need!

CARROT APPLE SOUP

These fun fall flavors will get you ready for apple picking and warm you up for those chilly fall nights!



Ingredients

- 1 tbsp. Olive Oil
- 1 medium onion peeled and chopped
- 2 lbs. carrots peeled and chopped
- 1 apple peeled cored and chopped
- 8 cups of chicken or vegetable stock
- 1/2 cup Greek yogurt (to make it creamy)

Directions

Sauté onions, carrots, and apple for 15 minutes in olive oil on medium heat

Add chicken/vegetable stock and bring to a boil about 20 minutes

Set aside to cool for about 20 minutes, add yogurt (if desired) and with a food processor, gradually add cooked and cooled vegetable mixture until blended smooth. Crack some pepper to give it a little more flavor. Return to stove and serve with a piece of your favorite whole grain bread.

Taken from chopchopmag.org

TIPS FOR A MORE ACTIVE LIFESTYLE

Here are some tips to find time during your busy day to get a little exercise and be a happier and healthier person overall!

- Instead of driving to work, ride your bike! It's a great way to wake up in the morning!
- Take the stairs instead of the elevator. Taking the stairs will burn extra calories and keep you active.
- Try new sports! Frisbee and bocce are some fun games that you can play in your back yard.
- On your lunch break, use it to take a brisk walk, it can de-stress and burn calories.

